



God,
Grant me the
Serenity to
accept the things
I cannot change, the
Courage to change the
things I can, and the
Wisdom to know
the difference.

Happy 60th Birthday,
Grapevine!

Pipeline



A Publication of NH Area 43 Assembly

June 2004

Happiness is Relief From the Bondage of Self

This promise, like others I committed to write about, stumped me until this morning's meeting of my home group, Souhegan Sunrise, that meets seven days a week from 6:30 - 7:30 am in Milford at the Episcopal Church. Our meeting this morning was on spirituality, but we all found ourselves talking of practical living, being of service, and dealing with our struggles with just these feelings of uselessness of self-pity.

Me? I earn disability wages, earned a DWI, have an unsuccessful track record at finding paid work, and need rides to meetings and to shop. Yet I am, with grace in my life, mostly a happy camper in AA, after long years of drinking, stinking thinking and troubles. Why? Why am I not feeling *useless and self-pitying*?

Well, I see that I am able to be of service to others. I hold a couple of service jobs in AA now, and I contribute to the *Pipeline*. But how do I spend mostly formless days? I recently offered my services (for free) to a wonderful AA friend, who, unemployed after a work-related injury, found a house/barn painting job that his usual painting buddy was unable to start for a week. I have painted three houses and a barn in my life - I can paint. Financially, I am okay now and the little way I can be of service to a good friend who faces *real* financial stressors now, gives me a real delight. I am also free to help a woman "move her household" because she needed and asked for help at one of my women's meetings. I'm free, able-bodied and willing to serve those around me today. I'm clear-headed and I look for ways I can be of service every day. Often, because I have the time, I can

put people and resources together, or pursue the details of organizing a fun event for AA friends. Last fall, five AA women attended a Native American pow-wow in Ossipee, NH. We were pleased to meet the organizers of the pow-wow, and I have a fine photo of us on my bureau - a precious memento of our excursion, which I initiated but we all enjoyed. This summer, I hope we women can attend the Newport Folk Festival in Newport, RI. My folks wouldn't permit me go at age 15. Today, I'm "free, white and over 21" as the saying goes, and I want to go. I'm working on that!

I still live in a lot of legal baggage. But today my soap opera really interests me very little. I'm far more interested in listening to other people. Truly listening to others at AA meetings provides me opportunities to match my resources and skills to other peoples' problems, as well as teaching me the suggestions I need to apply to the problems

*That feeling of
uselessness
and self-pity
will disappear.*

I encounter in daily life. There's a real magic effect in our fellowship that was always there. During my troubled years, folks smiled at me, said, "Keep coming," and I did. Now I can smile at newcomers and "chronic relapsers" and say "Just keep coming." That feeling of uselessness and self-pity *will* disappear. I work every day to do something for another person, because that is my current measure of happiness. I still can get antsy if an entire day passes confined to my house and the only phone calls I make are because I need human comfort. I get anxious at times about my gifts and talents unused for so many years. But I have given that angst over to my H.P. I am willing and able today to respond to another human being's need, or to be available for fun that doesn't involve booze. I have the time to be present, and I believe that's a gift my H.P. is giving me today. This gift makes me happy.

Nancy B. of Wilton

Throughout 2004, we will be featuring articles about the **Twelve Promises** of Alcoholics Anonymous.

How have the promises come true in your life?

Tell us about it! Submit your articles to:

The Pipeline, NH Area Service Office,
1330 Hooksett Road, Hooksett NH 03106

or email to the Pipeline's attention to office@nhaa.mv.com

JULY

*We will lose interest in selfish things,
and we will gain interest in our fellows.*

AUGUST

Self-seeking will slip away.

AA Trivia Corner

Who created the Grapevine,
our "meeting in print"?
(see page 4 for answer)

Pipeline

A Publication of the
NH Area 43 Assembly of
Alcoholics Anonymous

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Please put "For Pipeline"
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Pipeline

Statement of Purpose

The New Hampshire Area Pipeline will be the voice of Alcoholics Anonymous within Area 43. Its editors and staff will be primarily accountable to New Hampshire A. A. Area 43 as a whole. Within the bounds of friendliness and good taste, the Pipeline will enjoy perfect freedom of speech on all matters directly pertaining to Alcoholics Anonymous within Area 43. Like the A.A. movement it mirrors, the primary purpose of the New Hampshire Pipeline will be to try to carry the A.A. message to alcoholics and practice the A.A. principles in all its affairs.

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Group Information

Meeting Changes

District 9 Hampstead	Saturday 8:00 - 9:00 am HSD Saturday Morning AA St. Christopher's Church, Rt 111A (East Road) <i>no end time previously listed; church is not on 121A</i>
Newton	Thursday 7:30 - 9:00 pm BDC Newton Group Teddy Bear Day Care Nursery, 40 Highland St (off 108) <i>now a Big Book group, end time used to be 8:30</i>
District 10 Plaistow	Tuesday 2:30 - 3:30 pm SD Plaistow After School - School Year meeting Timberlane High School, Room 301; 36 Greenough Rd. <i>was mistakenly listed as Room 201</i>
Salem	Tuesday 6:45 - 7:45 pm HS Windham Beginners Group Salem Haven Nursing Home, 23 Geremonty Drive <i>moved from St. Matthew's Parish Ctr. in Windham</i>
Salem	Tuesday 8:00 - 9:00 HS* Windham Tuesday Night Group Salem Haven Nursing Home, 23 Geremonty Drive <i>moved from St. Matthew's Parish Ctr. in Windham</i>
District 11 Ashland	Monday 7:00 - 8:00 pm SD Covered Bridge Group Baptist Church, Main St. <i>used to meet 8 - 9 pm</i>
District 12 Manchester	Thursday 8:00 - 9:00 pm HS Hard Hat Group Gethsamane Lutheran Church, Pine and Penacook <i>moved from NH Tower at 1750 Elm St.</i>
Manchester	Monday 7:30 - 8:45 pm CB Amoskeag Falls Big Book Group Waumbec Mills Bldg., rear, 250 Commercial St. <i>moved from NH Tower at 1750 Elm St.</i>
District 15 Durham	Monday - Friday 12:10 - 1:00 pm Durham Action Group (September - May) St. George's Church, Main St./Park Court <i>moved from UNH Health Center in May</i>
District 16 Alton	Thursday 7:30 - 8:45 pm HSD Gateway to Sobriety Community Church of Alton, Church St. <i>used to meet from 8 - 9 pm</i>

Disbanded Meetings

District 9 Brentwood	Tuesday 10:30 am - 12:00 pm Women's 12 & 12 Pilgrim Church, Rte 111A
District 11 Laconia	Saturday 9:30 - 10:30 pm Saturday Night at Bill's Congregational Church Par. Hall, Veterans Square
District 12 Manchester	Sunday 7:30 - 8:45 pm West Side Group St. Raphael's Church, Third and Ferry Streets
District 15 Dover	Wednesday 3 - 4 pm Kids R Us Triangle Club, 120 Broadway
Dover	Wednesday 10:00 - 11:00 am Men At Ten Triangle Club, 120 Broadway
Dover	Friday 10:00 - 11:00 am Friendship Group Triangle Club, 120 Broadway
Dover	Wednesday 7:30 pm Young at Heart Triangle Club, 120 Broadway

Due to the overwhelming number of group changes this month, we opted not to list changes that merely involved that of format. Please remember to submit all changes to the Area Service Office!

Interested in starting a Young People's Meeting in Peterborough? Creating Positive Change in downtown Peterborough is interested in having a meeting on site.
Contact Michelle Ricco at 924-4981, or at riccopc@mondad.net.

Greetings From Your Service Office

We may be in a day at a time program, but sometimes it is necessary to look ahead. Such is the case for many of you who might be considering joining tens of thousands of other AA members at the 2005 International Convention in Toronto next summer.

First of all, it is recommended that all parties interested in traveling to Canada obtain a passport. An original or certified birth certificate along with a photo ID is acceptable identification, but may delay your border crossing. A driver's license by itself is no longer acceptable proof of citizenship, and will not gain your entry.

For those alcoholics with criminal backgrounds, other footwear is required before entering Canada. If you are a convicted felon, or if you have ever been convicted of a DWI/DUI, you must complete paperwork to enter our neighbor to the north. There are three options, depending on your criminal background.

If you have a single conviction punishable by less than ten years, and have been out of the criminal justice system for at least ten years, you will most likely be considered by the Canadian government as successfully rehabilitated, and will only need to fill out paperwork at the border.

If it has been five to ten years since you cleared the criminal justice system, you may apply for a grant of rehabilitation - in this case, the process can take up to a year and there is a fee involved. You are encouraged to begin the process immediately.

If your conviction is more recent, was for a more serious offense, or you have had multiple convictions, you may still be able to cross the border by applying for a temporary resident permit. If justified by compelling circumstances, people who have a criminal conviction may be issued a temporary resident permit allowing them to enter Canada for a short period of time for a particular event. Again, you should begin this process now, and there will be fee to apply for the permit.

For more information visit the Area 43 website at www.nhaa.net for a link to the GSO web page, that will help you find out more on how to proceed with your plans to enter Canada. Or you may call the Service Office at 622-6967, or GSO directly at (212) 870-3400. Stay tuned on more information about the 2005 International Convention - we will pass on more as it becomes available.

In office news, we hope that you will join us for our Open House event on Saturday, June 5th, from 10 - 2. We will provide refreshments, there will be discounts on literature sales, and there will be information available on service opportunities at the office. Come see how your Service Office operates! Staff as well as members of the Service Office Committee will be on hand to answer your questions. We hope to see you there.

We want to thank Doris C. of Manchester for all of her hard work volunteering in the Service Office.

In grateful service, Karen, Mary Anne and Ingrid

Subscribe to your Pipeline!

We need at least one hundred group subscriptions to make our minimum for bulk mailing, and we've been short. If just one more group in each district ordered, we'd be all set! Already subscribe? How about donating a subscription to a treatment center, halfway house, or correctional facility in your community? This may be your last chance to subscribe at this \$6 price!

Group Number: _____

Group Name: _____

Send to: _____

if for group, please use your GSR for the addressee

Address: _____

Town/State/Zip: _____

Send \$6 for each group subscription (10 copies/mo annually) or \$3.50 for each individual subscription (2 copies) to NHA, 1330 Hooksett Rd., Hooksett, NH 03106. Thank you for your support!

Donations THANK YOU!

Berlin Group	Berlin
Bristol Step Mtg	Bristol
Coming Alive Group	Canterbury
Charlestown Group	Charlestown
Colebrook Monday Step	Colebrook
Wednesday Noon BB	Concord
Keep It Simple Beginners	Conway Village
As Bill Sees It	Derry
Derry Original Group	Derry
Men's Beginners Group	Derry
Spacetown	Derry
Unity Group	Derry
Clean Sweep Group	Dover
Dover Original	Dover
Sat. Nite Commitment	Dover
Simply Grateful	Epsom
Twin Rivers	Franklin
Saturday Morning AA	Hampstead
Eye Opener Group	Hampton
Monday At Three	Hampton
Morning Meditations	Hampton
Pass It On	Hampton
T.O.A.D. Group	Keene
Women's Group	Keene
Kingston 12&12	Kingston
What's Good About Today	Kittery, ME
Attitude Adjustment	Laconia
Tri-Step Beginners	Laconia
Sat. Night Live	Lebanon
Sunday Big Book	Lebanon
Primary Purpose Grp	Lincoln
Out To Lunch Bunch	Littleton
Big Book Step Study	Manchester
First Light Of Day	Manchester
Happy Hour East	Manchester
New Life Group	Manchester
North End Group	Manchester
Original Happy Hour West	Manchester
Pathway To Sobriety	Manchester
Queen City Group	Manchester
Round Robin Grp.	Manchester
Sunday Serenity	Manchester
B & M Honesty	Merrimack
Souhegan Sun	Milford
Friday Night Group	N. Conway
Living Sober Group	N. Conway
A New Day Group	Nashua
Early Bird Group	Nashua
Noontime Sobriety	Nashua
Peculiar Mental Twists	Nashua
So Nashua Today Group	Nashua
New Boston Group	New Boston
New London Group	New London
Look It Up Big Book	Newport
Sat. Big Book Meeting	Northwood
Plainfield Friday Nite	Plainfield
Stepping Stones	Plaistow
Women's Meeting	Plymouth
12 & 12 BYOB	Portsmouth
Back To Basics	Portsmouth
Early Birds Group	Portsmouth
Happy Hour Grp	Portsmouth
Reborn Group	Portsmouth
Sunday Morning Daybreak	Portsmouth
Courage To Change	Raymond
Sanbornville Group	Sanbornville
Suncook Common Ground	Suncook
Quitting Time	Tuftonboro
Living Sober Group	Warren
First Things First	Weare
Noontime Group	Wolfeboro Falls

The Color of Clouds

The plane was flying at 35,000 feet. The sky was blue; the clouds below were pure white – fluffy, soft, and comfy looking. It was smooth flying. I felt the heart and mind of God.

On the ground in Detroit it was windy, cold, damp and rainy. The clouds were gray, low and unfriendly. But they were the flip side of what I saw above.

When my mind can only see the dark side, I must remember that:

- a) I can just change my attitude; *and*
- b) there is another side toward which I can work when I'm willing to "turn it over".

The beautiful side is always there if I allow it to show itself.

When I was active I was willful, selfish and angry. When my husband died I was driven to come to AA because of fear and thoughts of suicide. If he hadn't

have died, I would never come to start learning the ways of sobriety. I had to be willing to "turn it over" to see the white side of the clouds. Do I always see the white side? No! But now I know it's there, and I even spend days in the glow of that light.

When we started to sink down into the clouds over Detroit it immediately got turbulent, even when I could still see blue sky and the clouds surrounding me were still bright white. Because we continued to drop down, the clouds got darker and closer together. It was only when the second leg of my flight deliberately climbed up through the clouds that we returned to smooth sailing.

That serenity is available to me whenever I'm willing to deliberately "turn it over" to God, as I understand Him. Thank you God, for showing me the way in AA.

Constance D. of Derry

What Is Denial?

The first sign of alcoholism is denial. For years I thought this meant denying you had a problem. OK – so I have a problem. I had no problem with admitting that. But nothing changed. I thought admitting that I had a problem would magically open my eyes and cure me. Wrong again. I have learned that denial for me is not just denying you have a problem with alcohol.

Denial is:

Thinking you can control it.

Thinking it isn't hurting your family.

Thinking it is not interfering with your job.

Thinking you can't lose weight because the diet isn't working.

Thinking you have hidden your problem from the outside world, and no one knows.

Thinking it isn't affecting your life.

Thinking you can't feel normal without it.

Thinking you're funnier to be around when you drink.

Thinking you sound intelligent when drinking.

Thinking it isn't affecting your children.

Thinking you don't need AA.

Thinking you are not in denial.

Candice S, via the internet

PI/CPC Committee Meeting

The first 2004 Area PI/CPC meeting is scheduled for Saturday, June 26th.

If you want to learn more about how you can take an active role in AA's Public Information service work, please join us for our area-wide meeting at the Service Office at 1:00 PM.

Our agenda items include: needs and summer 2004 strategy set; speaking volunteers for schools and businesses;

district PI/CPC Contact List; Traditions compliance; NH media contacts list; posters for the workplace; meeting list distribution; and AA PSAs - Attraction not Promotion.

All District PI/CPC representatives are encouraged to attend, but any AA members interested in Public Information/Cooperation with Professionals is welcome. Hope to see you there!

John S., Area PI/CPC Chair

“But it is from our twisted relations with family, friends, and society at large that many of us have suffered the most. We have been especially stupid and stubborn about them. The primary fact we fail to recognize is our total inability to form a true partnership with another human being.”

– from Step Four in *The Twelve Steps and Twelve Traditions*, page 53.

The Way Out

After attending my home group in New Hampshire this week, and seeing for myself the results of so many fellow AA members currently in addictive relationships, I'd like to share what I did to move out of addiction and into healthy love.

What can you do if you discover you're in an addictive relationship?

First, remember that most relationships have addictive elements, even my marriage of 29 years to the same man. None of us had all our needs met in childhood. Our parents, being human, failed us at times. Their failures became our weaknesses, when we blame them or demand from others what we failed to get.

Second, keep in mind that on some level addictive love is perceived as crucial to survival, and won't easily be given up.

Third, remember that the psychological reasons for your addiction are as unique to you as your fingerprints. Only you can discover what purpose they serve; only you can find what fears keep you from letting go – just like only you can work the steps in your own way. Let go of looking for that one right way. Once you learn the *reasons*, the *purpose* and the *fears* you can let go. If you are unable to let go of an unhealthy relationship, or if you find yourself moving from one addictive relationship to another, then it is time to seek outside help. That means outside the AA meeting. Don't bring it to and practice your disease within the walls of an AA meeting and expect me NOT to say something, even after the meeting.

Fourth, work towards intimacy with yourself. When we know we are complete by ourselves, we are ready for healthy love relationships. Self-sufficiency and self-knowledge can be the keys to love and freedom. I don't know about you, but for this alcoholic, these two keys were learned *after the first five years in AA*.

Fifth, remember that moving from addiction to love is a process. My sponsor through her marriage showed me that just as there was a way into dependent behavior, there is a way out. There is hope. I am alive, gratefully in recovery today, and able to write these words: *In knowing today the difference between addictive love and healthy belonging, in understanding that process, you can learn acceptance of yourself and others. Thus your chance of achieving fulfillment in love increases.*

Some of you may doubt the statement that most if not all love relationships harbor some elements of addiction. To you, I suggest the slogan Change = Awareness and Action. Before you decide it can't be true think hard on this: I'm going on the basic premise that much of who we are is not in our conscious awareness, and that *awareness* always precedes change.

With the outside help of therapy I've used my personal power to move out of addiction. I'm still working toward change. When I have information or feelings that make me feel uncomfortable I don't hesitate to return to seeking professional support, not from an AA group or group members. Good luck on your personal journey toward self-discovery. My wish for you is more joy, freedom, wisdom and love.

Angela M. of South Berwick, ME

Characteristics of Healthy Belonging

People in healthy relationships have several characteristics. One of those being *cares with detachment*. In considering this in more detail in my new way of life in AA these thoughts come to mind.

Maturity brings the knowledge that we can care, listen and respond to another's feelings but we cannot "fix" or remove all ill feelings in another. Therefore, a sense of caring detachment is a healthy sign in a relationship. The partners say "I care what you feel and I'm here for you," but not, "Let me feel your pain for you."

When I first sought counseling I was terribly depressed and my husband felt guilty about that. "How am I supposed to feel good when she feels so damn blue?" he asked, believing men are to be heroes – saviors of sad heroines.

I had attended 90 meetings in 90 days and thought my sponsor and AA should try to cheer up some other sick and suffering recovering alcoholic. My sponsor said "no" but demanded I seek outside help. She cares with detachment by example.

Members of AA and my husband both had to learn that I was responsible for my depression. While he could be understanding and sympathetic, he couldn't conquer it for me. Any more than my sponsor would find my state of mind less depressing if she felt less responsible for it. I was able to feel less guilty about my depression when my husband quit blaming himself for it. Then with AA and my HP's help I became more ready to explore the underlying causes of my depression.

When my husband was less anxious, he was then able to offer more support. He even picks up around the house when my body feels stuck in the mud. And my AA friends even took me to NERAASA!

By letting go, we gave our relationship a chance to grow in strength and character. We are being restored to a healthy new way of life, one day at a time.

Anonymous of Dover

AA Trivia Corner

The Grapevine was created by 6 AA members (4 women & 2 men) in the New York area. with the blessings of AA's co-founder Bill W. The first issue was published in June 1944.

HAPPY 60TH BIRTHDAY,
GRAPEVINE!!!!!!